



Quest®'s Pumpkin Pie Pancakes



This recipe was developed by [Quest® Nutrition](#), an HG partner!

1/4th of recipe: 220 calories, 3g total fat, 440mg sodium, 37g carbs, 9g fiber, 3g sugars, 27g protein

Prep: 10 minutes **Cook:** 15 minutes

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Ingredients

Topping

1 [Cinnamon Roll Quest Bar®](#)

Batter

2 1/2 scoops (75g) [Quest® Vanilla Milkshake Protein Powder®](#)
1/4 cup coconut flour
1/4 cup oat flour
2/3 cup egg whites
1/4 cup canned pure pumpkin
2 tbsp. granulated zero-calorie sweetener
3/4 cup unsweetened almond milk
1 tsp. cinnamon
1 tsp. baking powder
Dash salt

Syrup

1/4 cup canned pure pumpkin
1/3 cup nonfat cottage cheese
2 tbsp. sugar-free maple syrup
3 tbsp. granulated zero-calorie sweetener
1/2 tsp. cinnamon

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

To make the topping, break Quest Bar® into pieces, and place on the sheet. Bake for 3 - 4 minutes. Remove and let cool.

In a mixing bowl, combine batter ingredients, and mix well.

Spray a medium skillet with nonstick spray, and bring to medium heat. Cook silver-dollar-sized pancakes until cooked through and golden brown on both sides.

Combine syrup ingredients in a blender, and blend until smooth. Pour over pancakes, and finish with topping.

MAKES 4 SERVINGS

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